



Men Against Violence Against Women

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Our Ref.: Role/2012

Your Ref:

What Can Men Do To Reduce Violence Against Women?

By MAVAW 2012.

1. Try to be happy that you are alive and a man, loving yourself to the maximum.
2. Accept woman as an equal and a joint partner within the creator, consequently giving due respect for the differences given to women.
3. Learn about your skills granted to you by the creator, striving to achieve full management of said skills, utilizing them for the development of a peaceful society.
4. Love, respect and value your gifts from God and learn about the similar and different gifts/skills granted to women by God, also loving, respecting and valuing her gifts/skills, as you do yours.
5. Accept that Fatherhood is an essential relationship for the continuing of the human species and man's power in the Creation Equation.
6. Accept that there are 6 Primary Pillars of Character i.e., Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship and try always to exhibit them.
7. Finally and very importantly, accept the fact that the "Model of the Ostrich Head in the Sand" cannot achieve the desired reduction of violence to the fullest extent of the Spectrum.
8. In that context, we must note 2 critical factors, identified below, facing the challenge on both feet, with open eyes focused and ready viz:-
 - a. "Violence Against Women" is also perpetrated by women and exist in many Archaic, undemocratic practices and procedures.
 - b. The Indirect affect of "Violence Against Women" happens to their loved ones, their sons, fathers, husbands, grand fathers and female counterparts, a major consideration when solutionizing to reduce Violence Against Women.

To further assist with the 8 objectives above, more information is available at www.archive.org typing in 2 search boxes donald berment and MAVAW. Free textbooks on Parenting Without Tears, Domestic Violence Awareness, health relationships etc. are available for downloads and reading online.

In addition, The Centre For Nonviolent Communication (CNVC) at <http://www.cnvvc.org> would like there to be a critical mass of people using Non Violent Communication language.

This will ensure that all people will get their needs met and resolve conflicts peacefully.

Consequently, they have listed 10 Things We Can Do to Contribute to Internal, Interpersonal and Organizational Peace viz:-

1. Spend some time each day quietly reflecting on how we will like to relate to ourselves and others.
2. Remember that all human beings have the same needs.
3. Check our intention to see if we are as interested in others getting their needs met as our own.
4. When asking someone to do something, check first to see if we are making a request or a demand.
5. Instead of saying what we DON'T want Someone to do, say what we DO want the person to do.
6. Instead of saying what we want someone to BE, say what action we would like the person to take, which we hope will help the person be that way.
7. Before agreeing or disagreeing with anyone's opinion, try to tune in to what the person is feeling and needing.
8. Instead of saying "NO", say which need of ours prevents us from saying "YES".
9. If we are feeling upset, think about what need of ours is not being met and what we could do to meet it, instead of thinking about what's wrong with others or ourselves.
10. Instead of praising someone who did something we like, express our gratitude by telling the person what need of ours that action met.

The right to freely duplicate the above 10 guides have been granted by Gary Baran and CNVC.

The right to freely duplicate the above MAVAW Objectives is also freely granted.

SignedDonald Berment, Secretary.

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